

What is claimed is:

1. Health shoes comprising cumulate layers including a layer of cup in sole layer 36, middle
sole layer 34, high elasticity sponge layer 32, and cushion layer 30; a plurality of round-
5 shaped seat holes 22 formed in the thickness direction of the bottom rubber sole 20 formed
at the lower part of said cushion layer 30; and metal balls 26 to be fixed in said round-
shaped seat holes 22.
2. Health shoes according to claim 1, characterized in that the seat hole 22 formed on
10 said bottom rubber sole 20 has a hole whose diameter gradually reduces from the
heel part to the front part and the metal ball 26 fixed in said seat hole 22 is formed to
be the same size as the diameter of the seat hole 22.
3. Health shoes according to claim 1 or claim 2, characterized in that more than two
15 refraction line holes 40 are formed in the width direction at the front of said bottom
rubber sole 20.